

## **CAMS 5-Week Soccer Conditioning/Skill Program:**

\*Ask permission first from an adult before you go outside to complete this program. If you don't have equipment like a ball, then do what you can. If you don't have cones then use other objects you have like toys or trashcans as your cones. Try to do this program at least 3-4 times each week, if possible. The contact information is below if you have any questions.

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### **Conditioning Program for Week 1:**

1. Stretch, involve your whole body. Do this for 10 minutes
2. Jog, 10-15 minutes
3. Around the world, toe touches on the soccer ball for 1 minute
4. Knee jumps 3 sets of 15 reps
5. Push-ups 4 sets of 25-30 reps
6. Sit-ups 4 sets of 15-20 reps
7. Various ball drills, 20 min (juggling, passing, dribbling)
  - a. Juggling- 3 sets of 10 juggles or do as many as can and make that your goal each day.
  - b. Passing Drill- Use a wall and pass a ball against it and receive back. (20 reps)
  - c. Dribbling Drill- 3 sets, 40 yards, dribbling with both feet, then only left, then only right.
8. Position Work, 10-15 min. (If you play multiple positions; pick one to focus on each day.)
  - a. Goalkeepers: Throw a tennis ball against a wall and catch it. (2 sets of 10). Practice forward rolls or do bear crawls to keep mobility(2 sets of 2 minutes at a time)
  - b. Defenders: Throw in sprints. Throw the ball in then sprint to get it and return to throw-in spot. Side to side toe touches (stand - shuffle 10 feet over touch leading toe, shuffle back touch opposite foot) - 2 sets of 2 minutes
  - c. Midfielders: Pick three moves. Set up to cones 20 yards apart. Dribble to one cone and practice the move of your choice and go back to the other cone. (10 reps). Running high knees (2 sets of 2 minutes)
  - d. Forwards: Set up a goal. Set up balls randomly around your shooting area. Take a touch, shoot a ball, then sprint to the next one and repeat. Practice taking power shots. Kick the ball like you were shooting from behind the 18. Proper foot placement. Do 2 of these with each leg.

### **Conditioning Program for Week 2:**

1. 10-minute stretch
2. Jog, 10-15 minutes
3. Around the world, toe touches on the soccer ball 2 minutes
4. Knee jumps, 3 sets, of 20 reps
5. Pushups, 4 sets, 15 reps
6. Sit-ups, 4 sets, 30 reps
7. Various ball drills, 25 min, (juggling, passing, dribbling)
  - a. Juggling- 3 sets of 15 juggles or improve from last week's goal.
  - b. Passing Drill- Place a cone or object 10 yards out and try to pass the ball to cone/object. Each day move the cone further out. Do 10 reps each day.
  - c. Dribbling Drill- Dribble 10 yards and work on a turn to come back (10 reps)
8. Position Work, 10-15 min. (If you play multiple positions; pick one to focus on each day.)
  - a. Goalkeepers: Practice punting the ball do 2 sets of 5. If a parent is able, do shuffle passes. Move side to side why they pass it to you. (2 sets of 2 minutes).

- b. Defenders: Practice clearing the ball. Set a cone 20 yards out and try to get the ball as close to the cone as you can. (10 reps). Bear crawls (2 sets of 2 minutes)
- c. Midfielders: Throw the ball in. Then, sprint to get it and return to throw-in spot. Practice shooting from several different spots (Do 2 sets of 5).
- d. Forwards: Pick three moves. Set up to cones 20 yards apart. Dribble to one cone and practice the move of your choice and go back to the other cone. (10 reps). Pushup position to 10 yard sprint. Do 5 of these.

### **Conditioning Program for Week 3:**

1. Stretching 15 Minutes
2. Jog 15 Minutes
3. Sit-ups, 4 sets, 20-25 reps
4. Sprints, 5 sets, 40-yard sprints with maximum speed
5. Knee jumps, 3 sets, 20 reps
6. Pushups, 3 sets, 20 reps
7. Squat thrust, 3 sets, 20 reps
8. Various ball drills, 20 min (juggling, passing, dribbling)
  - a. Juggling Drill- 3 sets of 20 juggles or improve from last week's goal
  - b. Passing Drill- Use a wall and pass a ball against it and receive back. 10 reps with each foot
  - c. Dribbling Drill- Dribble 10 yards using only the outside of your feet and work on a turn to come back (10 reps)
9. Position Work, 10-15 min. (If you play multiple positions; pick one to focus on each day.)
  - a. Goalkeepers: Practice throwing the ball out. (2 sets of 10). Push-up to sprint position. Do 5 of these.
  - b. Defenders: Pick three moves. Set up to cones 20 yards apart. Dribble to one cone and practice the move of your choice and go back to the other cone. (10 reps). Practice taking a power shot from outside the 18. Do 2 with each leg - use proper foot placement.
  - c. Midfielders: Set up a goal. Set up balls randomly around your shooting area. Take a touch, shoot a ball, then sprint to the next one and repeat. Shuffle toe touches. (2 sets of 2 minutes).
  - d. Forwards: Throw in sprints. Throw the ball in then sprint to get it and return to throw-in spot. Bear crawls (2 sets for 2 minutes)

### **Conditioning Program for Week 4:**

1. Stretching, 10-12 Minutes
2. Jogging, 15 Minutes
3. Sprints, 7 sets, 40-yard sprints with maximum speed
4. Pushups, 3 sets, 40 reps
5. Knee jumps, 3 sets, 25 reps
6. Sit-ups, 3 sets, 50 reps
7. Various ball drills, 20 min (juggling, passing, Dribbling)
  - a. Juggling Drill- 3 sets of 25 juggles or improve from last week's goal
  - b. Passing Drill- Use a wall and pass a ball against it and receive back. (20 reps)
  - c. Dribbling Drill- Set up 5 cones on a straight line. Start at cone 1, sprint with the ball to cone 2. Turn and sprint back to cone 1. Turn and sprint to Cone 3, back to Cone 1, and so on.
8. Position Work, 10-15 min. (If you play multiple positions; pick one to focus on each day.)
  - a. Goalkeepers: Throw a tennis ball against a wall and catch it. (2 sets of 10). If a parent or sibling is able, have them toss the ball at different spots in the air and rolls on the ground.

- b. Defenders: Practice clearing the ball. Set a cone 30 yards out and try to get the ball as close to the cone as you can. (10 reps). Using a ball work on trapping the ball with your chest, thigh, and foot. (3 sets of 10 for each one)
- c. Midfielders: Set up a goal and practice shooting to the corners of that goal. (2 sets of 10). Practice taking a power shot from outside the 18. Do 2 with each leg - use proper foot placement.
- d. Forwards: Using a ball work on trapping the ball with your chest, thigh, and foot. (3 sets of 10 for each one). Shuffle toe touches (2 sets for 2 minutes).

### **Conditioning Program for Week 5:**

- 1. Stretching, 10-12 Minutes
- 2. Jogging, 15 Minutes
- 3. Pushups, 3 sets, 45 reps
- 4. Sit-ups, 3 sets, 50 reps
- 5. Knee jumps, 3 sets, 25 reps
- 6. Sprints, 10 sets, 40 yards, full speed
- 7. Various ball drills, 20 min (juggling, passing, Dribbling)
  - a. Juggling Drill- 3 sets of 30 juggles or improve from last week's goal.
  - b. Passing Drill- Place a cone or object 10 yards out and try to pass the ball to cone/object. Each day move the cone further out. Do 10 reps each day.
  - c. Dribbling Drill- Set up a square/rectangle or square dribble around only using one foot
- 8. Position Work, 10-15 min. (If you play multiple positions; pick one to focus on each day.)
  - a. Goalkeepers: Practice punting the ball. (2 sets of 10). Practice taking a power shot from outside the 18. Do 2 with each leg - use proper foot placement.
  - b. Defenders: Practice clearing the ball. Set a cone 40 yards out and try to get the ball as close to the cone as you can. (10 reps). Scissor kicks in the air from sit up position (2 sets for 2 minutes).
  - c. Midfielders: Using a ball work on trapping the ball with your chest, thigh, and foot. (3 sets of 10 for each one). Bear claws (2 sets for 2 minutes).
  - d. Forwards: Set up a goal and practice shooting to the corners of that goal. (2 sets of 10). Running high knees (2 sets for 2 minutes).